

KNEE SHAKES

1 & 2 & 3 & 4 Step forward on ball of left & shake left knee out, in, out, center & drop heel

5 & 6 & 7 & 8 Step forward on ball of right & shake right knee out, in, out, center & drop heel

LEFT AND RIGHT SHOULDER SHAKES

1 & 2 & 3 & 4 Left step right while shaking shoulders right-left-right-left, touch right beside left, clap

5 & 6 & 7 & 8 Right step right while shaking shoulders right-left-right-left, step left beside right, clap

STEP PIVOT CROSS STEP / LEFT TOE HEEL TOE SWIVELS, STOMP

1 - 4 Right step forward, pivot turn 1/4 left, cross right over left, step left beside right

5 - 8 Swivel left toes left, left heel left, left toes center, right stomp beside left/clap

RIGHT TOE HEEL TOE SWIVELS, STOMP / SWIVEL BOTH FEET, TOES HEELS, HEELS TOES

1 - 4 Swivel right toes right, right heel right, right toes center, left stomp beside right & clap

5 - 8 Swivel toes left, swivel heels left, swivel heels right, swivel toes right

STEP BACK TOUCH STEP, BACK TOUCH STEP, FORWARD SLIDE STEP TOUCH

1 - 4 Left step back diagonal left, right touch beside left/clap, right step back diagonal right, left touch beside right/clap

5 - 8 Left step forward, slide right to lock step behind left, left step forward, touch right beside left

3/4 RIGHT TURN- HIP SHAKES

1 - 4 Right step 1/4 right, left step 1/2 right, right step 1/4 right, left step 1/4 right

5 - 8 Shake hips left twice, shake hips right twice

STEP TOUCH, STEP TOUCH / ROCK FORWARD AND BACK

1 - 4 Left step left, right touch together, right step right, left touch together

5 - 8 Left rock forward, right step in place, left rock back, right step in place

FORWARD AND BACK SHOULDER SHAKES

1 & 2 & 3,4 Left step forward while shaking shoulders left-right-left-right, touch right beside right, clap

5 & 6 & 7,8 Right step back while shaking shoulders left-right-left-right, touch left beside right, clap

REPEAT